



Devin Alexander's Buffalo Wing Plate

BONELESS BUFFALO STRIPS

Ingredients:

- 1 1/2 tablespoons unbleached all-purpose flour
- 1/4 teaspoon garlic powder
- 1/4 teaspoon salt
- 16 chicken tenderloins (about 1 pound), trimmed of tendons
- Olive oil spray
- 1 1/2 tablespoons hot sauce (a thick one), plus more to taste
- 2 tablespoons light butter (stick, not tub)

Instructions:

- Mix the flour, garlic powder, and salt in a medium shallow bowl until well combined.
- Dip one chicken strip at time into the flour mixture and turn it to coat completely. Then shake off any excess flour. Transfer the strip to a plate.
- Repeat with the remaining strips, placing them side by side on the plate until they are all coated.
- Place a large skillet over high heat. When the skillet is hot, lightly mist it with spray and add the chicken strips side by side, not touching, in a single layer (work in batches, if necessary).
- Cook until lightly browned on the outside and no longer pink inside, 2 to 3 minutes per side.
- Meanwhile, place a small, nonstick skillet over low heat and add the butter and hot sauce.
- Heat, stirring constantly, until the butter is just melted, being careful not to scorch it.
- Immediately remove from the heat, add the chicken strips, and toss to coat completely. Add more hot sauce, if desired.
- Let stand in the pan for 5 minutes, and then toss again (the sauce will stick better after resting) and serve immediately.

BLUE CHEESE DRESSING

Ingredients:

- 1/4 cup light mayonnaise
- 3 tablespoons fat-free sour cream
- 3 tablespoons low-fat buttermilk
- 1/2 teaspoon hot sauce
- 1/2 teaspoon cider vinegar
- 1/2 cup crumbled reduced-fat blue cheese

Instructions:

- Whisk the mayonnaise, sour cream, buttermilk, hot sauce, and vinegar in a medium re-sealable container until smooth and well combined.
- Stir in the blue cheese until well combined.
- Seal the container and refrigerate for at least 1 hour.

Spoon the dressing into a small dipping bowl.

Arrange the boneless buffalo strips on a plate with the celery, carrots, tomatoes, and dressing.

Makes: 16 strips

Calories per Serving: 162 per strip; 31 per tablespoon dressing

*Recipe taken from Devin Alexander's THE MOST DECADENT DIET EVER!
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